

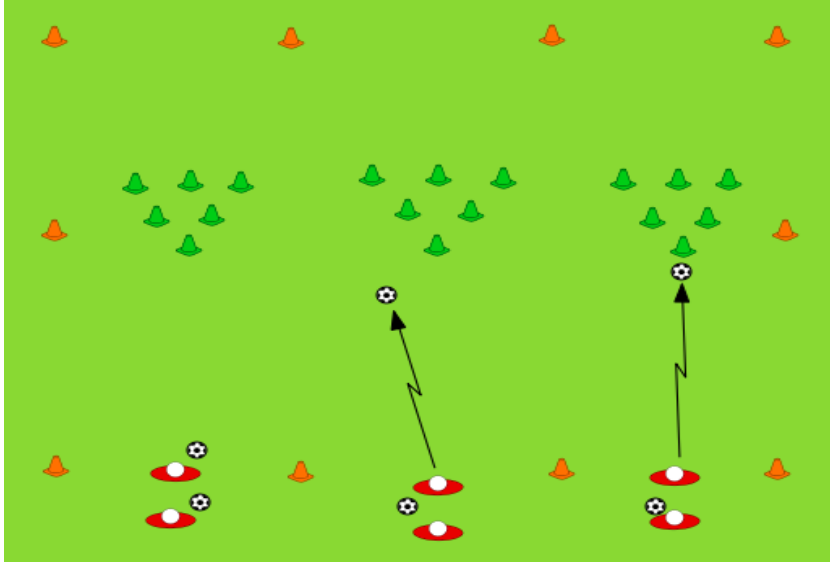


UK International Soccer



WEST SEATTLE SOCCER MASTER COACH PROGRAM WEEK 8

DRILL 1: SOCCER BOWLING



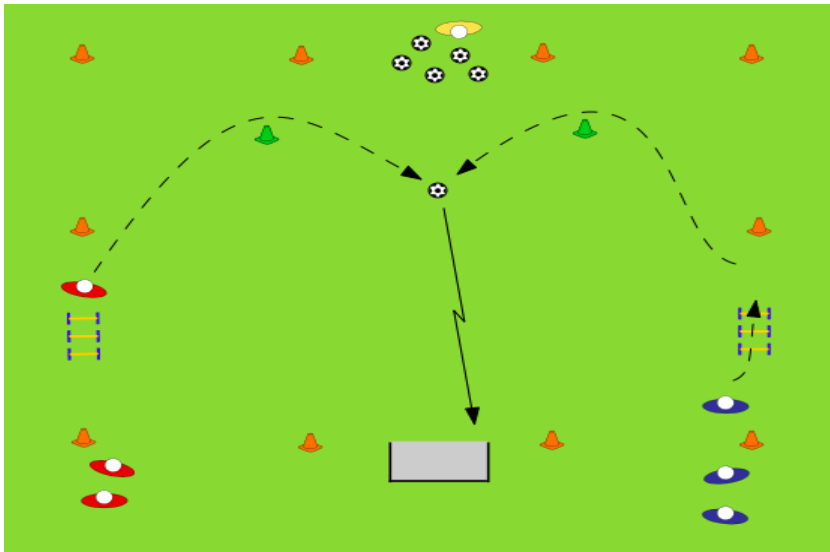
ORGANIZATION:

SET OUT A 30X30 PLAYING AREA. CREATE TEAMS OF 2-4 PLAYERS. PLACE 6 CONES TOGETHER 5-15 YARDS AWAY FROM THE PLAYERS DEPENDING ON THEIR ABILITY. INCREASE THE DISTANCE AS PLAYER'S PROGRESS. EACH TEAM TRIES TO KNOCK ALL THEIR CONES OVER BY PLAYERS TAKING TURNS TO PASS A BALL AT THE CONES. AFTER EACH PASS THE PLAYER MUST RETRIEVE THE BALL AND DRIBBLE IT BACK TO THEIR LINE FOR THE NEXT PLAYER TO TAKE THEIR TURN. THE FIRST TEAM TO KNOCK ALL THE CONES DOWN ARE THE WINNERS.

COACHING POINTS:

- 1: ABCs OF FINISHING: ADJUST BODY SHAPE IN LINE WITH THE BALL AND GOAL
- 2: ACCURACY AND TECHNIQUE OVER POWER, AIM FOR THE CORNERS OF THE GOAL.
- 3: DEVELOP THE ACCURACY USING BOTH FEET BEFORE IMPROVING THE POWER OF THE STRIKE
- 4: STRIKE THE BALL WITH THE LACES.

DRILL 2: 1v1 & 2v2 TO GOAL + FOOTWORK



ORGANIZATION:

SET OUT A 20 X 20 AREA WITH ONE GOAL. POSITION 2 TEAMS IN OPPOSITE CORNERS ON THE GOAL-LINE. PLACE A CONE YARDS WIDE AT THE OPPOSITE END OF THE GRID. ON COMMAND OF THE COACH ONE PLAYER FROM EACH CORNER HAS TO PERFORM A VARIATION OF FOOTWORK THROUGH AN AGILITY LADDER OR CONES RUN AROUND THE TOP CONE. THE COACH PASSES A BALL INTO AN AREA WHERE THE PLAYERS THEN COMPETE TO WIN THE BALL AND TRY TO SCORE IN THE GOAL.

PROGRESSION:

PLAY 2v1 BY SENDING 2 ATTACKERS v 1 DEFENDER. THE ATTACKING TEAM MUST PASS THE BALL AT LEAST ONCE BEFORE SHOOTING.

COACHING POINTS:

- 1: ABCs OF FINISHING: ADJUST BODY; BASIC TECHNIQUE; CLEVERNESS INVENTIVE WAYS TO GET THE BALL PAST THE KEEPER.
- 2: SHOOT ON SIGHT: REMEMBER YOU DO NOT HAVE TO BEAT THE PLAYER JUST CREATE ENOUGH SPACE FOR SHOOTING OPPORTUNITY.
- 3: ACCURACY BEFORE POWER: BUILD UP POWER OF STRIKES.